

metro

NEW YORK CITY NO. 1 FREE DAILY

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INNOCENCE *REMEMBERED*

The victims and heroes of last week's mosque massacre were memorialized this weekend as New Zealand now begins to heal. 6



THINGS
TO
KNOW

United Airlines NYC Half led completely by guide dogs

Guiding Eyes for the Blind President and CEO Thomas Panek ran the first-ever 2019 United Airlines NYC Half led completely by guide dogs Waffle, Westley and Gus on March 17, 2019, in New York City. **ALL IMAGES GETTY IMAGES**



Police detain man for murder of Gambino boss

2 Police have a 24-year-old suspect in custody in the slaying of reputed Mafia boss Francesco "Franky Boy" Cali in New York City, authorities said on Saturday. The 53-year-old Cali, who was shot to death on Wednesday outside his Staten Island home, was allegedly the head of the Gambino crime family. Police apprehended Anthony Comello in New Jersey on Saturday and expect to charge him with murdering Cali, the

NYPD's Chief of Detectives Dermot Shea told a news conference. "This is far from over. We are at the beginning stages of this investigation," Shea said. Surveillance video of the killing showed a man, allegedly Comello, crash his car into Cali's parked SUV, drawing Cali outside in what might have been a ploy to lure him out of the house, Shea said. ABC News reported that the two men spoke and shook hands before the suspect pulled out a gun.

Manning receives \$5 million roster bonus

3 The New York Giants paid veteran quarterback Eli Manning a \$5 million roster bonus that was due Saturday, virtually assuring he will remain with the Giants in 2019. If the Giants were to change their mind and release the 38-year-old Manning, they would lose that money plus \$6.2 million in dead salary cap space. The Giants have the Nos. 6 and 17 overall picks in next month's NFL draft, and after selecting running back Saquon Barkley in

last year's draft, New York is expected to take a QB in the first round. A rookie quarterback could learn from Manning for a year, just as Patrick Mahomes did behind Alex Smith in Kansas City. Mahomes, in his second season in 2018, was the league MVP. Manning, the No. 1 pick in the 2004 NFL Draft, is entering the final year of a four-year, \$84 million contract extension signed in 2015. His 55,981 career passing yards place him seventh on the all-time list.

Black boxes show similarities to Lion Air crash

4 Ethiopia said on Sunday the crash of an Ethiopian Airlines plane that killed 157 people had "clear similarities" with October's Lion Air crash, according to analysis of the black boxes recovered from the wreckage of the March 10 disaster. Both planes were Boeing 737 MAX 8s, and both crashed minutes after takeoff after pilots reported flight control problems. Concern over the plane's safety caused aviation authorities world-

wide to ground the model, wiping billions of dollars off Boeing's market value. Investigators are trying to determine why the aircraft plunged into a field shortly after takeoff from Addis Ababa, searching for possible similarities to an October Lion Air crash that killed 189 people. "It was the same case with the Indonesian [Lion Air] one. There were clear similarities between the two crashes so far," Ethiopian transport ministry spokesman Muse Yihyey said.

Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

That’s the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

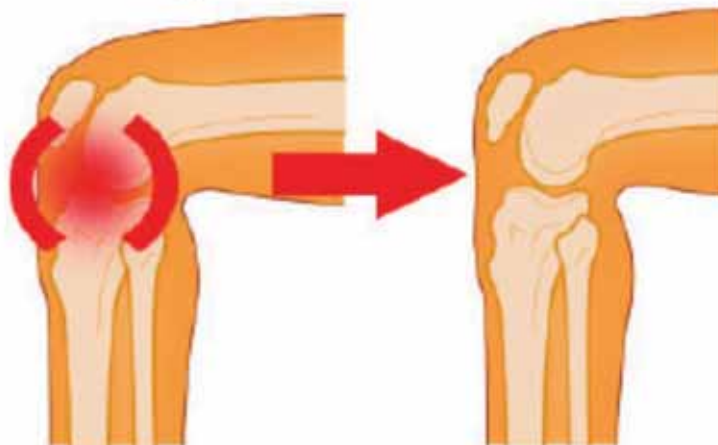
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here’s What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com
877-296-6310

NEWS



New York Sen. Kirsten Gillibrand is running for the 2020 nomination.

REUTERS

Gillibrand formally launches presidential campaign

The New York senator is one of more than a dozen Dem 2020 candidates.

brand will deliver a launch speech in her home state in front of Trump International Hotel in New York City, to take "her positive, brave vision of restoring America's moral integrity straight to President Trump's doorstep," her campaign said.

U.S. Sen. Kirsten Gillibrand formally launched her presidential bid on Sunday morning, announcing she will deliver her first major speech next week in front of Trump International Hotel in New York City.

Gillibrand, who launched an exploratory committee earlier this year as a precursor, joins more than a dozen other Democrats who have already formally entered the contest to win the nomination to challenge Republican President Donald Trump in the November 2020 election.

"We need a leader who makes big, bold, brave choices. Someone who isn't afraid of progress," Gillibrand says in a video released Sunday morning to formalize her entry into the campaign. "That's why I'm running for president. And it's why I'm asking you for your support."

Gillibrand, 52, had already been campaigning in key states that hold early primary contests. She has struggled to see her polling numbers increase in the wake of her initial announcement, a benefit some of her other opponents enjoyed after starting their campaigns. Gillibrand remains at 1 percent in most public opinion polls of the Democratic primary.

Gillibrand opted to use a video instead of a speech at a rally, the traditional method, to formally launch her campaign. She will travel on Monday to campaign in Michigan, followed by stops in the key early-contest states of Iowa and Nevada.

On March 24, Gilli-

"We can provide paid family leave for all, end gun violence, pass a Green New Deal, get money out of politics and take back our democracy."

U.S. Sen. Kirsten Gillibrand

The launch video released Sunday morning alludes to several policy debates, including immigration, gun control and climate change.

"We launched ourselves into space and landed on the moon. If we can do that, we can definitely achieve universal health care," Gillibrand said in the video. "We can provide paid family leave for all, end gun violence, pass a Green New Deal, get money out of politics and take back our democracy."

Gillibrand has sought to position herself as a unifying figure who can appeal to rural voters.

Some in the Democratic Party believe an establishment figure who can appeal to centrist voters is the way to victory. Others argue a fresh face, and particularly a diverse one, is needed to energize the party's increasingly left-leaning base. **WUW**

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The fight against erectile dysfunction

Don't worry. It happens.
But there are ways to stop it!
By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction in their day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this ... gulp... disappointing condition that affects so many men in the bedroom?

Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis.

In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found. It is estimated that around "35-75% of men with diabetes will experience at least some degree of erectile

dysfunction during their lifetime." On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition, few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple vias on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment

will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the "P-shot". This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

If you are interested in either of these groundbreaking treatments, make your appointment with Dr. Shusterman today by calling 212-661-0060.



A Breakthrough Solution for Men Seeking Better Erections and Optimal Sexual Performance



Shockwave Treatment

- ✓ Opens Arteries Clogged with Plaque
- ✓ Increases Penile Artery Blood Flow
- ✓ Increases Size of Penile Veins
- ✓ Improves Penile Nerve Function
- ✓ Increases Stem Cells in the Penis
- ✓ Painless Natural Holistic Treatment
- ✓ Done In Office by Expert Provider

Priapus Shot

- ✓ Increases Penile Size by up to 3.5cm
- ✓ Proven in Many Peer Review Journals
- ✓ Uses Your Own Regenerative Cells

Testosterone Replacement

- ✓ Improves Sexual Desire and Helps ED
- ✓ Monitored by a Urologist so not Risky
- ✓ Do Not Settle for just Any Doctor!

Painless Sound Waves

- ✓ Easy 20 Minute Office Treatment
- ✓ Increases Penile Performance and Size
- ✓ 100% Natural without Chemicals
- ✓ Proven by Over 70 Scientific Studies

Eliminates the Need for Viagra, Injections & Penile Pumps

Throw out all your snake oil and come to see an expert in sex function! Our staff of expert providers will find out what is wrong and treat you based on the testing and your circumstances. Call us for a private appointment for evaluation and treatment.

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Renowned Top Doctor
Expert in Sexual Function
Expert in Increasing Size
Founder and Developer
20 years treating ED
SexUrologist.com

Accounts emerge of heroism in New Zealand mosques; bodies to be released

Abdul Aziz was one of several heroes who tried stopping Brenton Tarrant.

Accounts emerged on Sunday of heroic attempts to tackle a gunman who slaughtered 50 people at two mosques in New Zealand, as authorities prepared to begin releasing the bodies of victims to their families for burial.

Australian Brenton Tarrant, 28, a suspected white supremacist, was charged with murder on Saturday. Tarrant was remanded without a plea and is due back in court on April 5, where police said he is likely to face more charges.

Friday's attack in the city of Christchurch, which Prime Minister Jacinda Ardern has labeled terrorism, was the worst-ever peacetime mass killing in New Zealand.



REUTERS

land.

Ardern also said she wanted to talk to Facebook, as footage of the attack on one of the mosques was broadcast live on Facebook, and a "manifesto" denouncing immigrants as "invaders" was posted online via links to related social media accounts minutes before the violence began.

Amid the shock,

outrage and recriminations that have consumed New Zealand over the past two days, tales of heroism and self-sacrifice emerged.

Abdul Aziz, 48, was hailed for confronting the shooter at the second mosque and preventing more deaths.

Aziz, originally from Afghanistan, ran outside after the shooting started

and picked up a shotgun that the gunman had dropped. The gun had no shells in it, he said.

"I chased him," Aziz said. "He sat in his car and with the shotgun in my hands, I threw it through his window like an arrow. He just swore at me and took off."

Another man, Naeem Rashid from Pakistan, was seen on the gun-

man's video confronting the shooter before he was killed, the BBC reported. Rashid's 21-year-old son, Talha, was also killed.

The death toll climbed to 50 when police found another body at the Al Noor mosque, where more than 40 people died after a gunman burst in and opened fire on worshippers with a semi-automatic rifle with high-capacity magazines, driving to attack a second mosque.

Police rammed the suspect's vehicle and arrested him as he drove away from the second mosque in the suburb of Linwood.

Police Commissioner Mike Bush said the man was apprehended 36 minutes after police were alerted and he was the only person charged in connection with the shootings. Three people detained earlier were not involved, he said.

REUTERS

Facebook pulls 1.5M videos

Facebook said it removed 1.5 million videos globally of the New Zealand mosque attack in the first 24 hours after the attack.

"In the first 24 hours we removed 1.5 million videos of the attack globally, of which over 1.2 million were blocked at upload," Facebook said in a tweet late Saturday.

The company said it is also removing all edited versions of the video that do not show graphic content out of respect for the people affected by the mosque shooting and the concerns of local authorities.

The death toll in the New Zealand mosque shootings rose to 50 on Sunday. New Zealand Prime Minister Jacinda Ardern has said she wants to discuss live-streaming with Facebook.

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“Thousands of Arthritis Sufferers Now Walk, And Enjoy Life WITHOUT Pain —Who Never Thought They Could!”

New Treatment From The Arthritis Knee Pain Center Has People With Knee Pain Flocking To Them....



New York, NY- Have you ever been told that exercise will help your knee pain? How about taking a supplement by mouth and the pain will go away?

For some it may help but for many who are in late stage osteoarthritis it may be too late.

Maybe you've even tried injections but had no luck with them either.

Well, if you can relate to any of this then read on because we have great news for you...

Finally, A Treatment for Severe and Chronic Knee Pain That Actually Works!

Millions of older Americans suffer from knee pain due to osteoarthritis. This constant, crippling pain can keep people from doing even the simplest of tasks.

Sleep problems, limited mobility and not being able to do the things you used to do can suck all the joy out of life.

The good news is that there is a new treatment that is effective and has given thousands of people in the Houston area relief. It's called viscosupplementation (lubricating Gel) and our method uses—"special digital imaging".

Viscosupplementation And Why Your Knee Hurts....

Your knee pain all begins when the cartilage of the knee starts wearing away and the natural lubricating fluid in your knee dries up due to the arthritis. The bones then start rubbing together and causes excruciating pain.

Viscosupplementation is an effective treatment where a lubricating gel is injected directly into the knee joint. This gel acts as a lubricant and cushion between the bones of the knee similar to how oil lubricates a car's engine—and helps ease your pain.



The Difference in Our Treatment...

Many people however, don't get the relief they need from viscosupplementation. This is usually due to two reasons:

- 1. Their body doesn't respond to the lubricating gel used or**
- 2. The lubricant is injected in the wrong place.**

Here at The Arthritis Knee Pain Center we use several different lubricants. Not all lubricants work well for everybody in the same way not all people respond the same way to certain medications. One person may try 2 or more blood pressure medications before they finally get the right one that works.

The same is true with these gel injections.

There are over 7 different types that are all FDA approved.

But the main difference in our treatment is that our doctors are thoroughly trained in using advanced digital imagery to see right into the knee joint and determine EXACTLY where the injection should go to be most effective.

Studies have shown that doctors miss the right spot up to 30% of the time! That's almost a third of the people getting this treatment not getting the relief they need!

Contact Us For a FREE Knee Screening... Call (646) 650-2522

This treatment is taking the New York area by storm! Lots of people are coming to our office to get this treatment. With the baby boomer population aging, knee pain from arthritis is a growing problem for this age group (and the younger generations are also being more and more affected).

Call us now at **(646) 650-2522** for a free knee screening. We'll evaluate you and see if you're a good candidate for our treatment. We want to help as many people as we can but we only have room for 20 evaluations every month and slots fill quickly. **CALL US NOW!** Becoming pain free and getting your life back may be just one call away...



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Pat King
Grumble Editor

READER WRITE-INS:

WE NEED MORE FRESH INGREDIENTS

Reader "Jeff" wrote in to complain about the amount of ingredients, specifically onions, that Just

Salad and Subway were putting on his lunch orders. To me this is absurd, as the struggle for more ingredients (onions included) is a very real problem. I believe the issue is in fact the inverse: I want Just Salad and Subway to pile on the ingredients. Grumbles like Jeff's only serve to cast a negative shadow on what is a real issue for lunch orders. I believe if the patron wants to have fewer onions, they should speak to the store employee like an adult and express those concerns. We're on the same team, Jeff. Let's work together.

Thanks for the fun read this morning.

— Paul, Metro New York reader

SET UP YOUR VOICEMAIL!

I work as a secretary in a doctor's office, and I sometimes have to leave a voicemail for a patient. There are times when I get a "mailbox has not been set up" or "mailbox is full and cannot accept messages." Because of security concerns, we can't text or email. Sometimes it's important, so please check/empty your voicemail!

— Barbara Tieman, Metro US reader

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metro.us/horoscopes



Aries Learn all you can by interacting with interesting people. Someone quite unexpected will grab your attention and offer you something very tempting. Romance is on the rise.



Libra Associate with like-minded people to accomplish much and get an inside scoop regarding new possibilities. Don't let someone's negativity hold you back.



Taurus Productivity is what counts. Refuse to let your emotions control the agenda or lead you into battle over trivial matters. Channel your energy into worthwhile projects.



Scorpio Participate in something that excites you. Learn from an expert and diversify your skills in order to keep up. Evolve with the times to avoid falling behind.



Gemini Concentrate on what's going on at home and any changes that you need to make pertaining to banking, bills or home improvements. Stay on top of personal matters.



Sagittarius Put greater emphasis on managing your personal finances and investing in yourself instead of helping someone else get ahead.



Cancer Simple and subtle changes will bring you closer to your goals. Working alongside people you trust and enjoy being around will bring good results. Avoid emotional drama.



Capricorn Don't argue over trivial matters. Set guidelines when dealing with joint finances. Domestic expenses should be kept to a minimum. Plan strategically and move forward with precision.



Leo You can explore new possibilities without going overboard. A partnership will need to be monitored closely.



Aquarius Work with the majority, not against it. If you disagree with someone, find a common-sense solution. Arguments will be to your detriment.



Virgo Taking business trips, attending meetings and reuniting with people from your past will be enlightening. A positive change can be made.



Pisces Don't take a chance if it could lead to ill health or injury. Use your intelligence when dealing with people who tend to be extravagant or indulgent. EUGENIA LAST



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DIVORCE \$399

\$499 with Children or Property Plus Court Fee

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TheDivorceCenter.com

HOOPLA
SLOT TOURNAMENT

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Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain.

And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is - another procedure can be safely performed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.



877-907-2934

The changing views on CBD oil

We spoke with Joel Stanley of the company Charlotte's Web on why CBD should be the next big thing.



PAT KING
patrick.king@metro.us

While some people like sugar and milk in their morning coffee, you may have noticed another option popping up at your local coffee shops that can ease you into your morning routine in a different way. Cannabidiol (CBD) is a non-intoxicating and low-THC-content supplement made from cannabis that is perfectly legal in small doses and has been exploding all over the country.

Possibly the brightest star among all of the newer CBD companies



The Stanley Brothers. PROVIDED

is the Colorado-based Charlotte's Web. Started by the seven Stanley brothers — Joel, Josh, Jesse, Jared, Jordan, Jon, and J Austin — the company gets its name from a young girl named Charlotte Figi. Using CBD, Figi, who had a unique form of epilepsy, went from having almost 300 seizures a week down to close to zero. The company

has since become a global phenomenon worth \$1.4 billion.

We spoke with brother Joel Stanley about working with his brothers and how the perception of CBD is changing.

What was your initial introduction to CBD?

This goes back to late 2008, when I first started reading

about cannabis in general. My older brother, Josh, had started one of the first dispensaries — this was back when the controversy had first started to heat up. I didn't work in the industry at the time, I worked in the oil [industry] with my wife and kids, and I kind of laughed at what my older brother was doing. I didn't see any problem with it

but I didn't see cannabis as a medical thing because most people didn't back then. When I started to read, I saw that there had been all of these studies, most of them not in the U.S., performed on various types of cannabis. That was the first time I saw the word "cannabidiol." There were just a handful of research papers out there on it, but [they were] saying it shows a lot of promise.

That began to convert me to believe that this plant could be very helpful, and from there I jumped into the industry with my younger brother in early 2009. We had an interest in finding CBD.

Back then in the medical cannabis industry, there were just a handful of researchers who could pronounce the word "cannabidiol." It was just so rare. They had spent all of these years of breeding up the levels of THC, and you can't breed up THC without losing the natural levels of CBD. It was just

really low in [CBD] concentration in almost every medical cannabis variety, so we began looking — we actually had to kind of go back to natural to find higher levels of CBD. Really, most of today's CBD genetics have come from wild hemp and sterile hemp.

We had begun seeking and breeding for a genetic [variety] that was specifically higher in CBD. The reason that we were doing that was because we had worked with so many folks who had benefited from medical cannabis, but didn't necessarily like the high, the euphoric effect.

It's different for everybody. For some it's a pleasant experience and for others it can be a little more anxious and nervous [of an] experience. We were looking for CBD to help some clients at home who might not need that high level of THC.

What do you think is the last threshold to

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cross that will eliminate the stigma around using products derived from cannabis?

I think it's rapidly changing right now. From when I entered the industry to where it is now, there's a massive difference in how people are talking about it, and again it's because everyone has someone in their circle — or many people — who are benefiting from CBD. If those categories continue to expand, it's not going to get smaller.

You know, it's been impactful enough for individuals' lives that people are out there screaming on social media about how this is helping them, so I don't see this phenomenon going away.

I think the true barrier and threshold is when CBD and hemp and cannabis go under physician advocacy, and that will happen when we have the data; the research has just begun. But that's what's coming and once we have physician advocacy for states to recommend CBD or medical marijuana — when we have that data — that will be the last tipping point.

What was it like getting all of your brothers on the same page to start this business together? Was there some convincing over whether or not it was a good idea?

Well, you know, kudos to Josh my older brother for being the pioneer. I'll tell you a story that was my final straw — and I was probably the most difficult one to convince and probably the most conservative of my brothers, which isn't saying too much.

I was the only one with a kid at the time. I flew out to Denver to see Josh's dispensary and to spend some time with my brothers. We went to a John Prine concert. This had been my first day off in a very long time and I got to see their dispensary. I walked in and, as luck would have it, the first three people who come through the door after me are three cancer patients. Each of them had a different story in a different stage of cancer. Each one of them was going through an intense round of chemotherapy, had lost hair, and were people you could really feel for. And each one of them had the story that

without their use of cannabis, they would not be eating and they wouldn't have survived the intense treatment. They wouldn't have been able to sustain their body without eating and sleeping. That sold me immediately.

Now, I can look at it and say, "Oh, in high school we called it the munchies." And I never thought of that as therapeutic. But I was like, oh, you have a wasting disorder, whether chemotherapy or something else. I can kind of see how that one simple positive side effect of cannabis can help so many people.

Since then, I've spoken with hundreds, if not thousands, of people who have had similar types of benefits, like the tens of thousands of people with Charlotte's condition whom this is working for. I was sold back then by those first three [patients], and I knew that I didn't really like the oil field per se, I didn't really like my job, and I knew I could get behind this. It's new. It's controversial. It certainly was risky. And when I called the rest of my brothers, I think they were already on the same page.

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SPORTS

Johnnies sneak into NCAA's, will play Arizona State in First Four

The Red Storm snuck into the NCAA Tournament with one of the final at-large bids.



JOE PANTORNO
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A season of ups, downs, twists, turns, and a few nauseating drops ended in relief for the St. John's men's basketball program as they snuck their way into the 2019 NCAA Tournament.

The Red Storm will partake in one of the tournament's First Four games on Wednesday in Dayton, Ohio, where they will play Arizona State for the right to the No. 11 seed in the West region. The winner will go on to play No. 6 Buffalo in Tulsa, Oklahoma.

St. John's' inconsistencies made them an almost-incalculable team throughout 2018-19, which made their status an unknown leading up to Selection Sunday.

On one hand, the Queens school boasted five Quadrant 1 wins, which means recording victories against teams ranked 1-30 at home, 1-50 at a neutral site, or 1-75 on the road. St. John's also picked up four wins against teams ranked within the nation's top 31 in the NCAA Evaluation Tool (NET), including a pair of wins against No. 23 Marquette and another against No. 25 Villanova, who won the Big East on Saturday night and are the reigning national champions.

While those were the highs of the season, there were some pretty disappointing lows. They lost four of their last five



Shamorie Ponds (2) and St. John's are off to the NCAA Tournament. GETTY IMAGES

games of the regular season, including a defeat to the conference's last-place team DePaul, a seventh-place finish in the Big East, and a 32-point beatdown at the hands of Marquette in the conference tournament.

A 21-12 record might

have been the school's best record since 2014-15, but their out-of-conference strength of schedule was ranked 214th in the nation and their NET rating was 72. That was the lowest of any team in the NCAA Tournament discussion.

It's poor timing to have such a low NET rating considering this was the first year the selection committee used the metric instead of the infamous RPI.

St. John's didn't have much help from other conferences that could have kept open some at-large bids over the past week, either. St. Mary's stole an at-large bid in the West Coast Conference, normally a one-bid league, by upsetting the nation's No. 1 Gonzaga.

The Atlantic 10 also saw its top seed in VCU go down in the quarterfinals, allowing the conference's No. 6 seed, Saint Louis, to take another bid off the table.

Out in the Pac 12, No. 6 Oregon rolled over No. 1 Washington by 20 on Saturday night, making it that much more difficult for the committee to find a spot to get St.

John's in the Dance.

Among other notable New York-area teams:

- Syracuse is the No. 8 seed in the West Region. They will face No. 9 Baylor on Thursday in Salt Lake City.

- Seton Hall nabbed the No. 10 seed in the Midwest Region, where they will meet the dangerous Wofford on Thursday.

- Patriot League champions Colgate were awarded the No. 15 seed in the South Region. They'll face the powerful No. 2 Tennessee Volunteers on Friday.

- MAAC champions Iona are in the NCAA Tournament for the fourth straight year. As the 16th seed in the Midwest Region, they'll face No. 1 North Carolina on Friday.

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Yanks lose Sevy, Hicks for Opening Day

The Bronx Bombers will be without their ace and starting center fielder to start the regular season.



JOE PANTORNO
joseph.pantorno@metro.us

With a stroke of luck more familiar for the crosstown rival Mets, the Yankees are already shorthanded with Opening Day fewer than two weeks away.

After it was rumored he might make his way back around the start of the regular season, Yankees ace Luis Severino is going to miss at least the first month of the season. At the earliest, he will be back by May 1 because of rotator cuff inflammation, according to General Manager Brian Cashman.

Severino will start a throwing program on Wednesday after he was shut down for two weeks. The 25-year-old was scratched from his spring



The Yankees will be without Aaron Hicks (left) and Luis Severino (right) come Opening Day. GETTY IMAGES

training start on March 5 after complaining of shoulder discomfort.

It could be a blessing in disguise for both him and the Yankees. Last season saw Severino struggle mightily in the second half after a second straight campaign in which he

eclipsed the 190-inning mark.

Now with a lighter load to carry once he returns, Severino's arm might stay fresher rather than repeating a similar 6-6 stretch that saw him post a concerning 5.67 ERA.



Despite his impending absence, Cashman doesn't seem too keen on going outside the organization to find his replacement. The only improvement made to a suspect starting rotation this offseason was the acquisition of James Paxton from the

Seattle Mariners, so Severino's loss will certainly be an impactful one.

Still, management believes the likes of Luis Cessa, Robert Loaisiga, and Domingo German will be able to hold things down while Severino recovers.

For the suddenly frugal

Yankees, it's an understandable decision. With a lethal offense and one of the best bullpens in the league, the Yankees have more than enough options to pile up wins without spending more money on a big-name arm like Dallas Keuchel.

That dangerous offense took a small hit on Sunday, though, when it was revealed that center fielder Aaron Hicks will miss Opening Day as well. Having recently signed a seven-year, \$70 million deal, the 29-year-old is dealing with lower-back soreness that might see him miss the entire opening series against the Baltimore Orioles.

He is coming off a career year in which he hit 27 home runs with 79 RBI, but the Yankees have plenty of depth to ensure the offense won't miss a beat.

Veteran left fielder Brett Gardner will probably take over in center field for Hicks while DH Giancarlo Stanton will slot into left.

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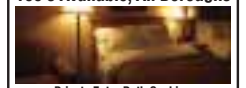
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easterly from the corner
formed by the intersection
of the said southerly side of
144th Avenue with the easterly
side of 182nd Place; being a
plot 40 ft. x 100 ft. Approx.
amt. of judgment is
\$976,275.05 plus costs and
interest. Sold subject to terms
and conditions of filed
judgment and terms of sale.
For sale information, please
visit Auction.com at
www.Auction.com or call
(800) 280-2832.
PETER TOMMASO, Referee.
COHN & ROTH,
Attys. for Plif.,
100 East Old Country Road,
Ste. 28,
Mineola, NY. #96479

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Absolute Yes! SAME DAY
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for Diabetic Test Strips
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or mail in B,C,2,3 trains

Absolute Yes! SAME DAY
!CASH PAID!
\$45 AcuChek 100/Smartview100
888-415-0796 instant!
for Diabetic Test Strips
224 w 116 st, M-F, 2-4 p
or mail in B,C,2,3 trains

LEGAL NOTICES

NOTICE IS HEREBY GIVEN
that a license, Serial # 1316784,
for Liquor, Wine & Beer has
been applied for by the
undersigned to sell Liquor,
Wine & Beer at retail under
the Alcoholic Beverage Control
Law at JFK Airport, Terminal
1, Gate 9+10, Jamaica, NY
11430. Queens County, for
on premise consumption.
TAV New York Operation
Services LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending,
for on Premise Liquor has been
applied for by the undersigned
to sell Liquor, Wine, Beer & Cider
at retail in a Restaurant under
the Alcoholic Beverage Control
Law at 210 Sixth Ave., Unit
1F, New York, NY 10012. New
York County, for on premises
consumption. Prinkipas LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending,
for Restaurant Wine, has been
applied for by the undersigned
to sell Wine, Beer & Cider at
retail in a Restaurant under the
Alcoholic Beverage Control
Law at 311 Ave. X, Brooklyn,
NY 11223. Kings County, for
on premises consumption. Dolma
Restaurant Inc.

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT -
COUNTY OF QUEENS
U.S. BANK NATIONAL
ASSOCIATION, AS TRUSTEE,
ON BEHALF OF THE HOLDERS
OF THE CSMC MORTGAGE-
BACKED PASS-THROUGH
CERTIFICATES, SERIES 2007-1,
Plaintiff, Against ANNOLIO
TOUSSAINT, MARIE TOUSSAINT,
ET AL., Defendant.
Pursuant to a Judgment of
Foreclosure and Sale, duly entered
12/6/2018, I, the undersigned
Referee, will sell at public auction,
in Courtroom #25 of the Queens
County Supreme Court, 88-11
Sutphin Boulevard, Jamaica, NY
11435, on 4/12/2019 at 10:00 am,
premises known as 104 23 214th
Street, Queens Village, NY 11429,
and described as follows:
ALL that certain plot piece or
parcel of land, with the buildings
and improvements thereon
erected, situate, lying and being in
the Borough and County of Queens
and State of New York, and
designated on the tax maps of the
Queens County Treasurer as
Block 11099 and Lot 27.
The approximate amount of
the current Judgment lien is
\$441,008.25 plus interest and
costs. The Premises will be sold
subject to provisions of the aforesaid
Judgment of Foreclosure and Sale;
Index # 709871/2015.
Dominic A. Villoni, Esq., Referee.
SHELDON MAY & ASSOCIATES
Attorneys at Law,
255 Merrick Road,
Rockville Centre, NY 11570
Dated: 3/4/2019
File Number: 28909 MNB

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ACROSS

- 1 Peaceful
5 Dermatologist's concern
9 Thin
13 Dodge
15 Classic board game
16 Lech Walesa, for one
17 Dishwasher cycle
18 Easygoing; flexible
20 JFK's predecessor
21 Derek & Diddle
23 Clap handcuffs on
24 Colorful tree in fall
26 Spanish article
27 Enthusiasm
29 Duplicitous
32 Britches
33 1960s dance
35 Encountered
37 Snake __; lowest dice roll
38 Military attack
39 Nimble
40 __ Moines
41 Makes gentle
42 Live's partner, in phrase
43 Schoolkid's compositions
45 Small beard

46 Major leaguer

47 Wynonna's mom

48 Sixteen cups

51 Curvy letter

52 Decrease

55 Fair; just

58 Kovacs or Els

60 Family tree member

61 __ up on; study

62 Furniture blemishes

63 Dustcloths

64 Actor Griffith

65 Flying insects

DOWN

1 Queen or king

2 Enthusiastic

3 Feeling of desolation

4 Prefix for fit or fire

5 Cut slits in

6 Child

7 " __ tree falls in the forest..."

8 Folks from Kathmandu

9 Few and far between

10 Part of the ear

11 Misfortunes

12 TV's " __ the Press"

14 Litter; rubbish

19 Stretch of land

22 Calendar page: abbr.

25 Carney & Garfunkel

27 Earned a traffic ticket

28 Check recipient

29 Uses a shovel

30 Unwillingness to wait

31 __ Haute, IN

33 Conway & Allen

34 " __ Willie Winkie"

36 Actress Daly

38 Parting word

39 Stitched joining

41 Fortune-teller's deck

42 Unbind

44 Divides

45 Helium or krypton

47 Impoverished

48 Equipment

49 Greenish-blue

50 Breathing organ

53 Two-wheeler

54 Mrs. Truman

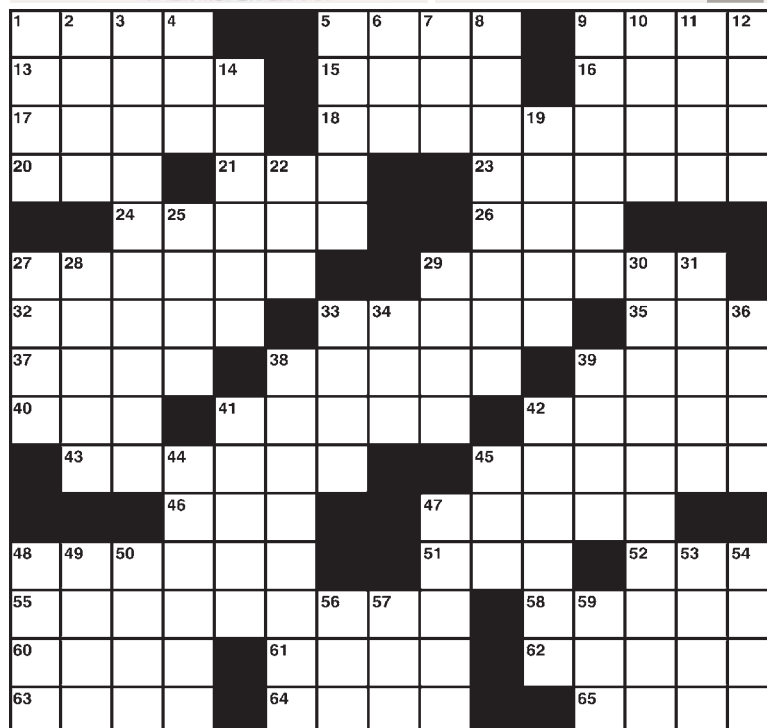
56 Jerry Stiller's son

57 Youth

59 Tease

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Chicago
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Hairspray
Ice Age
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Latifah
Noise

Owens
Queen
Shop
Star
Taxi

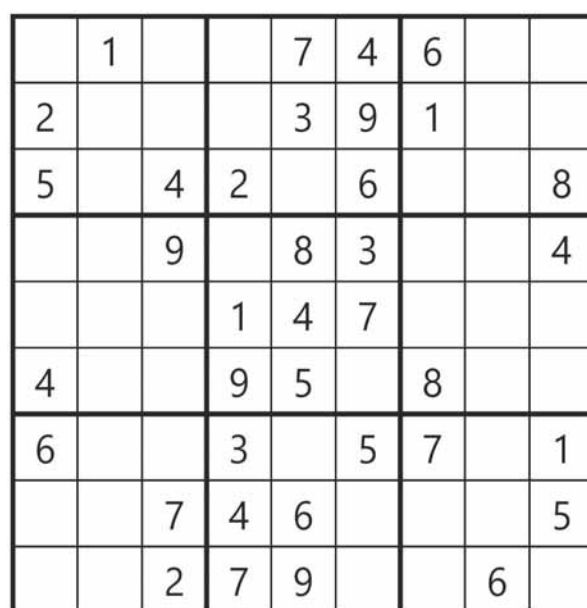
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